

BREAKS YOUR COLD IN JUST A FEW HOURS

"Pape's Cold Compound" instantly relieves stuffiness and distress.

Don't stay stuffed-up! Quit blowing and snuffling! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken usually breaks up a severe cold and ends all gripe misery.

The very first dose opens your clogged-up nostrils and the air passages of the head; stops nose running; relieves the headache, dullness, feverishness, sneezing, soreness and stiffness. "Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores. It acts without assistance, tastes nice, contains no quinine—Insist upon Pape's—Adv.

Distinction of Grammar. "Does your wife play bridge still?" "No," replied Mr. Meekton; "not if by 'still' you mean 'silent.'"

COLDS breed and Spread INFLUENZA
KILL THE COLD AT ONCE WITH

HILL'S CASCARA QUININE BROMIDE

Standard cold remedy for 20 years—min. tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

GOLD MEDAL FAARLEN OL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1896. Take regularly and keep in good health. In three sizes. All druggists. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation

The Army of Constipation

Is Growing Smaller Every Day

CARTER'S LITTLE LIVER PILLS are responsible. Not only relieve constipation, but correct biliousness, sick headache, indigestion, salivary gland, low skin—they never fail—renewal of regular habits follow. Purely vegetable.

Small Pill—Small Dose—Small Price
DR. CARTER'S LIVER PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness. Genuine must bear signature *Dr. Carter*

Good for Kids

Just Right BRAND CORN SYRUP

How they like it on bread! And it's good for the whole family, too. The flavor simply can't be equalled. Get a can today.

THE AMOS-JAMES GROCER CO. ST. LOUIS

"Just Right on the Label Means Quality for the Table"

Just Right BRAND FOOD PRODUCTS

Freezing Cooling Machines for dairies, butcheries. Better than ice. H. A. Bore Co., Chicago

Reliable Automobile School. Mechanics. Electrical. Vulcanizing. Low tuition. Free Catalog. Nat. Auto. School, 3123 N. 15th, Omaha.

MARKET FOR CHEESE TO GROW AS PEOPLE LEARN ITS EXCELLENT FOOD PROPERTIES



Above—Putting Curd in Hoops for Pressing. These Hoops Are for a Size of Cheese Known as "Young America." Below—Paraffining and Boxing Cheeses.

(Prepared by the United States Department of Agriculture.)

Thanks largely to the traditions of Boston and vicinity, the people of the United States have come to know beans—their food value and all that—but there remain other opportunities, notably those to be found in popularizing cheese, to win fame by the food-products route. Attention is called to cheese particularly because Americans have long neglected it in spite of its excellent food properties, and only recently have signs of growing interest in this product appeared. Dairy interests, as well as dietists, would like to see the day when the United States will be known as one of the greatest cheese-eating nations of the world.

Small Per Capita Consumption.

Visitors at the national dairy show in Chicago were surprised to learn from a government exhibit what a very small amount of cheese (one eighth of an ounce) each person of this country eats daily. Cheese makers, and dealers are just beginning to realize that the cheese demand can be increased tremendously if the merits of this food are properly brought to the attention of the public.

Eight countries have learned to know cheese better than we have. Denmark leads with a per capita consumption of 12.3 pounds; the United Kingdom, according to the latest figures available, comes next with 11.2 pounds per capita. Then France, Netherlands, Norway, Sweden, Italy, and Australia are listed in the order named—all ahead of the United States, which has a per capita consumption of only 3.8 pounds a year. Three-fourths of a century ago the people of this country seemed in a fair way of learning the value of cheese, and by 1850 their per capita consumption had risen to four pounds and 12 ounces, but this figure has never been reached since. The cheese consumed in this country has been

principally American Cheddar, although foreign varieties have been increasingly popular, and furnished in 1918 practically one-fifth of the cheese consumed in this country.

Greater Variety of Uses Urged.

Attempts to develop a larger market for cheese should take into account the fact that practically all the cheese now consumed is eaten as purchased. A very large proportion of it is used with bread or as a filling for sandwiches. Cottage cheese in some form is consumed in large quantities. Dietists have no criticism of America's manner of eating cheese, save that they urge its use in a greater variety of ways, and more regularly.

Everyone interested in enlarging the market for cheese should understand clearly its food value.

It contains over 25 per cent more protein than the same weight of an average cut of beef as purchased. So far as its composition is concerned cheese is comparable with meat. There are a great variety of ways of using cheese in the same way as meat, and these can usually be readily learned by consulting the average cook book. In planning menus in which cheese is given an important place, the housewife should bear in mind that, being rich in both protein and fat, cheese may replace such foods as fish and eggs, as well as meat, rather than cereal foods characterized by a large amount of starch, or succulent foods such as vegetables and fruits.

How to Increase Demand.

Every interest concerned in enlarging the market for cheese should join in preaching the gospel of "more cheese in the daily menu," say dairy specialists. There are many ways in which this education campaign can be carried on. Advertising is one effective medium. Attractive displays of cheese and cheese dishes, with well-worded placards, in grocery and delicatessen stores help materially.

NEW PARTS FOR IMPLEMENTS

Careful and Systematic Inspection Should Be Made for Purpose of Making Repairs.

(Prepared by the United States Department of Agriculture.)

A careful and systematic inspection of each implement should be made for the purpose of making or ordering repairs. Plows, listers, harrows, rollers, drags, seeders, drills, planters, cultivators, mowers, binders, headers, hay rakes, hay loaders, stackers, wagons, racks, engines and horsepower or belt-driven machines such as separators, silo cutters and feed grinders are the implements in most common use. It is suggested that each implement be inspected for badly worn or broken parts to determine what parts should be repaired and those that must be replaced with new ones.

As a reminder for ordering new parts and in overhauling the machine, make a list for each implement of the parts to be repaired or the new parts to be bought; also any special tools necessary in making these repairs. Put down the name of manufacturer, year bought, and the number of the machine, if it is known. If orders are sent to the factory, be sure to specify the catalogue, pattern, or casting number of the part. Order repair parts early, as the dealer may not have them in stock.

STOCKS OF CORN DECREASED

Estimate of November 1 Placed at 72,203,000 Bu.—Is 2.8 Per Cent Less Than in 1918.

(Prepared by the United States Department of Agriculture.)

The stock of old corn on farms November 1 is estimated at 72,203,000 bushels, which is 2.8 per cent of the 1918 crop. The corresponding figure a year ago was 114,678,000 bushels, and the average of the preceding five years was 87,277,000 bushels.

PIT SILOS BECOME POPULAR

Wyoming Farmers Are Constructing Large Number of Contraptions—County Agent Aids.

(Prepared by the United States Department of Agriculture.)

Members of the Niobrara County (Wyo.) Farm Bureau are constructing a large number of pit silos. Several successful demonstrations have been held by the county agent. Previous to one of the demonstrations the collar of one silo had been constructed and the pit dug several feet.

The farmers were shown how to plumb the walls by means of a "reamer," how to mix cement and apply the same to the walls, and how to make a hoist. A second silo was then started, the collar being laid out, the pit dug and the collar poured. In this manner all the steps in putting down a pit silo were demonstrated, much to the satisfaction of the farm bureau members present.

GENERAL FARM NOTES

Time and tide wait for no man, but time and care applied to farm tasks pay any man.

The barns, stalls and sheds should have convenient arrangements for saving the manure.

Alfalfa believes in a square deal. It gives back to the soil in nitrogen more than enough to pay for its keep.

Ensilage is corn-sauerkraut, and is the cheapest form in which the corn crop can be placed in the feed manger.

Farming is a business requiring just as careful thought about cost, method and salesmanship as any other business enterprise.

ASPIRIN FOR HEADACHE

Name "Bayer" is on Genuine Aspirin—say Bayer



Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Headache, Colds, Pain, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Mono-aceticacidester of Salicylicacid.—Adv.

Doing Well.
When mother and her brood started for town the weather was threatening, so she did not go unprepared. In due time they stepped off the crowded train at the South station.

"Have you got all the umbrellas, Johnny?" was her first question. "I should say I had," said the boy. "I had three when I started, and now I've got five."—Boston Transcript.

Never permit a costive tendency to develop into a habit; but if the habit exists have recourse at once to Garfield Tea.—Adv.

Good Neighbors.
"Have you good neighbors?" "Fine. They haven't refused to lend us a single thing we've had to borrow, so far."

To abort a cold and prevent complications, take

Calotabs

The purified and refined calomel tablets that are nausealess, safe and sure.

Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

Comfort Your Skin With Cuticura Soap and Fragrant Talcum
Soap 25c, Ointment 25 and 50c, Talcum 25c.

PHONOGRAPH NEEDLES. Mortons needles give clearest tone on any phonograph. Each needle plays ten records perfectly. Package of 50 needles for 15 cents or send \$1.00 for 10 packages and we send free record catalog which saves you 20% on all records purchased. Mortons Co., Century Bldg., N.Y. City.

HEARTBURN Caused by Acid-Stomach

That bitter heartburn, belching, food-repeating, indigestion, bloating after eating—all are caused by acid-stomach. But they are only first symptoms—danger signals to warn you of awful troubles if not stopped. Headache, biliousness, rheumatism, sciatica, that tired, listless feeling, lack of energy, dizziness, insomnia, even cancer and ulcers of the intestine and many other ailments are traceable to ACID-STOMACH. Thousands—yes, millions—of people who ought to be well and strong are mere weaklings because of acid-stomach. They really starve in the midst of plenty because they do not get enough strength and vitality from the food they eat.

Take EATONIC and give your stomach a chance to do its work right. Make it strong, cool, sweet and comfortable. EATONIC brings quick relief for heartburn, belching, indigestion and other stomach ills. It improves digestion—helps you get full strength from your food. Thousands say EATONIC is the most wonderful stomach remedy in the world. Brought them relief when everything else failed.

Our best testimonial is what EATONIC will do for you. So get a big 50c box EATONIC today from your druggist, use five days—if you're not pleased, return and get your money back.

EATONIC
(FOR YOUR ACID-STOMACH)

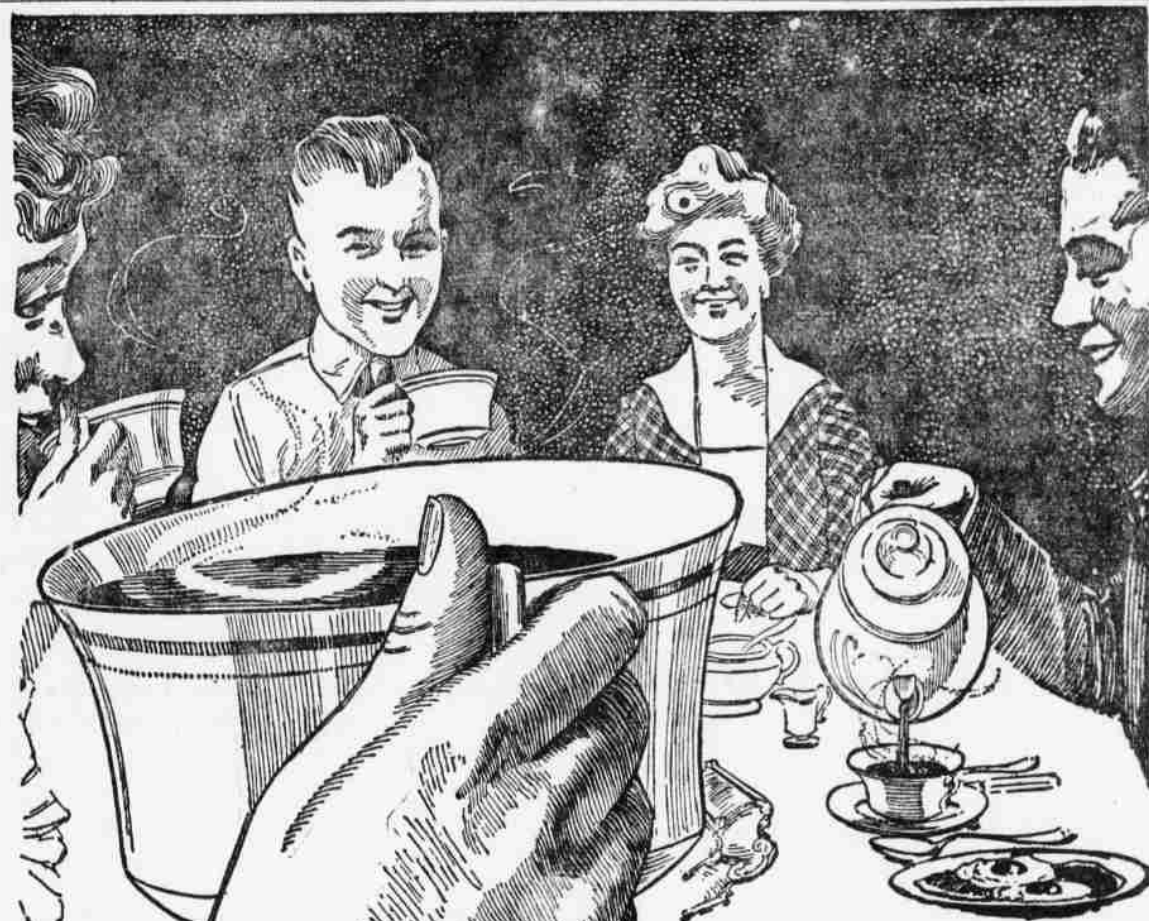
FORD OWNERS
Don't Crank Your Heads Off

Start your car in coldest weather first turn over with "One Minute Manifold Heater." Sent postpaid \$1.00. Satisfaction guaranteed or money refunded. CARD-HAWKINS CO., Franklin, Neb.

AIRPLANE GLUE—MENDS ANYTHING BUT a broken heart. 25c large sample. Thomas Aircraft Co., 517 Mason Bldg., Houston, Tex.

FRECKLES POSITIVELY REMOVED BY Dr. Fredrick Osterman—Young Specialist in Skin Diseases. Free book. Dr. Osterman, Co., 297 1/2 Michigan Avenue, Chicago.

W. N. U., ST. LOUIS, NO. 2-1920.



Wm. Schotten Coffee Co.
St. Louis, U.S.A.
Importers of Coffee, Tea and Spices

You need only go to your own grocer's store to get the world's choice coffee by the most direct route straight from the plantation.

Put this quality coffee on your table

Ask your grocer for Schotten Coffees. He will tell you about the famous Schotten Blends—Sinbad, Golden Days and Queen's Taste. He gets these fine coffees fresh roasted direct from our great coffee plant.

Every package is always of uniform quality—its delicious flavor always the same in every cup you pour. For Schotten methods and Schotten care guard the original plantation qualities of these coffees at every step—from the coffee tree to your own hands. Go today to your grocer—and ask about Schotten quality in coffee.

Grocers: Write for our Cof-E-Log. It tells you the Schotten way to make your store a part of our great quality Coffee Service.

Queen's Taste Coffee
SINBAD
COFFEE